

# HomeFront Newsletter

For The Racially Concious Home

**WAU14.COM/homefront**



Welcome to issue number 2 of our newsletter, we received a lot of good feedback in regards to the last issue, so thank you for that.



Autumn is a seasonal favourite of mine, I love going for long walks at this time of the year and cooking hearty warm meals.

For this issue we are focusing on recipes, cleaning tips, vintage Halloween stuff and a few other bits and pieces.

We are going to work on a new cookbook in 2018, if you would like to submit a family recipe please email us at [wauirehqs@hotmail.com](mailto:wauirehqs@hotmail.com)

**Women for Aryan Unity** are proud to announce we will be hosting a raffle for The Sacramento Spartans fund. If you're not in the know, you can visit Golden State Skinheads to read their story and also get updates on the Spartans that are currently imprisoned. All proceeds from this raffle will go to the commissary fund hosted by Nationalist Women's Front. A huge thank you to them for all they do.

**The raffle will have 3 tiers of winners.**

You can buy a single raffle ticket for \$5 or you can buy 3 tickets for \$10

For a PayPal address or information on sending money please contact Vex Steele or email [vexsteele@gmail.com](mailto:vexsteele@gmail.com).

We will be holding this raffle through November 15th and announce the winner on November 16th. Remember we help our own. Thanks for helping and good luck in the raffle!!

**Faith, Folk and Family**  
**14 always**

**WAU/USA would personally like to thank Rigr Ault for his wonderful donation of handmade items to this raffle. Check [wau14.com/WAUUSA/](http://wau14.com/WAUUSA/) for prize details!!!**

# Time to work out!

Working out is something we should all be doing, I know for some of us work commitments, commutes etc., take up so much of our day that we don't end of working out, if you are sitting all day behind a desk you need to be exercising there is not excuse good enough in my opinion. I used to work out for hours every day and ended up with metabolic stress and it has royally kicked my ass, so now I do 5 miles outdoors, that way I'm outdoors and get sunlight and fresh air too, on leg day I will walk up and down on the sidewalk for a little more legs focus, when I get home I do between 30-40 mins of strength training, on days when I am tired I will do a 15 minute routine heavy enough to have me out of breath and sore, the key is to maximise your workout time, so more reps or heavier weights. Here is a quick 10 minute lower body workout that can be done before you jump into the shower and you can easily repeat it three time making it 30 minutes if you have the time. Make sure you do a quick warmup and cooldown, do each exercise for 45 seconds on 15 seconds off, at your own pace.

## HomeFront

### Deadlifts

### Squat Hold

### Squat + Pulse

### Side Lunge + Front Kick Switch Sides

### Long Lunges Switch Sides

### Curtsy + Side Leg Raise

### Switch Sides

### Jump Squats



# *What the 14 Words mean to me!*

Sacrifice! After having my son I now am with the harsh reality of the literal sense of the 14 words. Aside from the physical sacrifices you make when you bear a child (will I ever fit into my "skinny jeans" again), the mental sacrifice.

The momma brain, the constant worry if I am doing this right? Will he grow up to be a good man? What does the future of America hold for him? Should I home school or public school? Can I afford college? **This is all sacrifice.**

The months of sleepless nights and days because I am nursing my son, I refuse to give my son formula. The hours and hours of research of making baby food, studying behaviour milestones and crafting sensory development activities, alongside hours and hours and hours of listening to the same nursery songs.

Doing laundry and housework with a baby strapped to my chest, breaking my back, just so he doesn't cry. I have put my welding career on hold to raise my son and take care of my man.

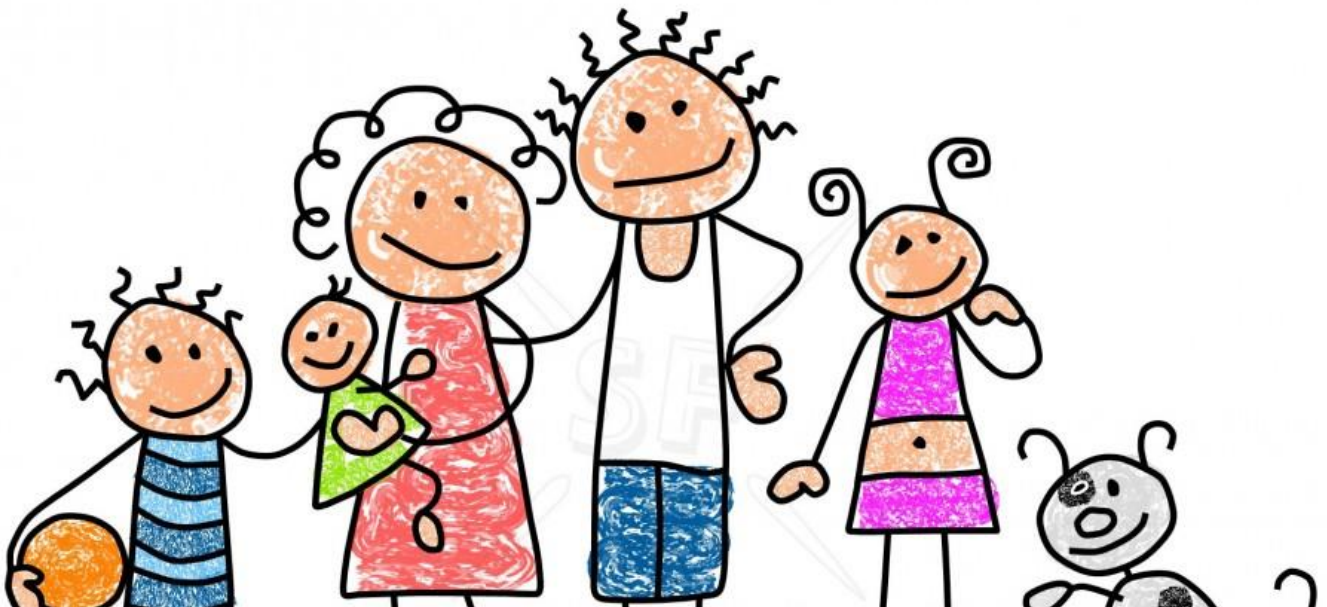
I still am active in charities locally to help my community.

I connect and network with as many Nationalists I can to promote the 14 words and making lasting friendships.

All of these things secure the existence of our future.

But unless more people are willing to sacrifice and truly understand the 14 words, they are only a string of words and not a philosophy to live by.

*Love,  
Vex Steele*



# Crafty Corner

## Easy Halloween Lanterns!

### *What you need!*

*Clean Jar, the bigger the jar the better, sometimes you can get them cheap at a dollar store.*

*Orange or yellow tissue paper, I am the Witch that saves everything, I got some when a store wrapped up cups I had bought so I am using that, and you can get tissue paper from craft stores and book shops!*

*Decoupage glue or PVA watered down (I got Modge Podge in a craft shop and it is perfect, it is available on Amazon)*

*Black paper (Available at art stores)*

*Paint brush (Available at art stores)*

*Candle or electric tea light (I would suggest the electric tea lights; they are easily available at Halloween time)*



### *Instructions:*

Make sure you jars are clean, if reusing jars make sure to soak them the night before to get labels off etc. there are youtube tutorials if you don't know how to remove them.

You will need to cut your tissue paper into squares - 2inch x 2inch is good)

Cover the glass in glue and start applying your tissue paper

You will need 3-4 layers - lighter colours like yellow, will need more.

Keep adding glue as necessary, letting it dry out each time.

Cut out some Jack O Lantern faces out of black paper

Use your decoupage glue and glue them all over your jars.

Finally, add a final coat of glue and let dry fully!



# Halloween costumes sexualizing our Daughters.

**We published this piece about 7 years ago, it definitely needed a revisit with Halloween once again upon us, most of lost the true essence of what Halloween is and Slutty Costumes will be out in abundance.**

As an Australian we don't really celebrate Halloween here, not to the extent that the Americans do, but this year we have been invited to a friends' 40th birthday party & she is having it as a Halloween party. So I find myself for the first time looking into Halloween costumes and saw there was a program on TV where a woman was talking about going to buy Halloween costumes for her 11yr old daughter & 8 yr old son, so with interest I watched.

This lady went into a store in a major shopping centre, which had candied out the front to encourage children and the stores entire client base was mothers & their children. All the costumes were thrown in together and whilst the boys had fun costumes such as Toy Story characters, Shrek and the likes, this mother was appalled to find that all that was available for young girls were costumes such as Major Flirty, an army dress aimed at 6yr olds & dresses that were provocatively short and suggestive.

All the female adult costumes were Playboy ones. She was horrified and disgusted to find mixed in with all the other costumes one portraying bestiality and even more horrified when her 8yr old son asked her "What is that man doing to that sheep, Mummy?" So as any concerned parent would do she approached the store manager, (the only woman working in the store who wasn't dressed in a Playboy costume) and asked how they thought that these costumes were appropriate for children or appropriate to have displayed amongst children's ones. Well in answer to her question the mother was told to leave the store and security was called.

Why is it that a 6yr old needs to be portrayed as a sex object & what is wrong with parents that they accept this and dress their children in

this way, whatever happened to our little girls being allowed to be innocent little girls, why do they need to be sexualized. How did one of our ancient Pagan festivals and the custom of wearing costumes and masks, in an attempt to copy the spirits and placate them turn into the sexualising of our daughters? So now I go with much trepidation in the search of suitable Halloween costumes for myself and my daughter....

**Tilly WAU Australia**



# TRADITIONAL RECIPES FOR SAMHAIN (HALLOWEEN)

Barmbrack is a teatime bread popular in Ireland, especially around Halloween and to be honest I never had it anytime other than for Halloween. I like mine plain with no butter or jam and when I want to fancy it up i will use some raspberry jam. BarmBrack traditionally contained various objects baked into the bread and was used as a sort of fortune-telling game. In the barmbrack were: a pea, a stick, a piece of cloth, a small coin (originally a silver sixpence) and a ring. Each item, when received in the slice, was supposed to carry a meaning to the person concerned: the pea, the person would not marry that year; the stick, “to beat one’s wife with”, would have an unhappy marriage or continually be in disputes; the cloth or rag, would have bad luck or be poor; the coin, would enjoy good fortune or be rich; and the ring, would be wed within the year. Other articles added to the brack include a medallion, usually of the Virgin Mary to symbolise going into the priesthood or to the Nuns, although this tradition is not widely continued in the present day. Commercially produced barmbracks for the Halloween market still include a toy ring that looks like a wedding band; I know my sister and I would get jealous if the other one got the ring. I’m glad we don’t now put all these items in our Báirín Breac i think I’d be would upset if I got the stick lol

## Ingredients

- \* 3 cups flour
- \* 1 teaspoon grated nutmeg
- \* 1 teaspoon allspice
- \* 1/2 teaspoon salt
- \* 1/4 cup butter (1/2 stick) cut in pea-sized pieces
- \* 2 tablespoons free-flowing brown sugar
- \* 3/4 ounce active dried yeast (3 packets)
- \* 1 1/4 cups milk
- \* 2 eggs, beaten
- \* 1/2 cup sultanas
- \* 1/2 cup raisins
- \* 1 cup currants
- \* 1 cup candied mixed peel (optional i don’t like using it)
- \* 1 small egg, beaten, for glazing



In a medium bowl, sift together flour, nutmeg, allspice and salt. Using your fingers or a pastry cutter work in your butter. Do not expect mixture to form a mealy texture, stir in all but 1 teaspoon sugar.

In a medium bowl, mix together sugar and yeast. Heat milk until it is warm (110°). Whisk into yeast and sugar combination, let cool slightly, stir in eggs and mix well and add to dry ingredients.

Stir in sultanas, raisins, currants and peel. Mix well. Turn mixture onto a floured work surface and knead about 3 – 5 minutes, or until dough is elastic. Place dough in greased 8 inch round cake pan. Cover with cloth and put in warm, draft-free place to rise, about 1 to 1 1/2 hours. Preheat oven to 400° F.

Brush top of bread with egg, bake in preheated 400°F oven for about 40 – 50 minutes, or until a tester comes out clean.

**WAU Europa**



# Traditions Past

## Halloween Fun and Games from 1937

We once attended a Halloween party where the doughnuts were strung on lines from which you had to nibble them. The apples were hung by their stems and were eaten on the fly...The coffee was labelled "witches brew" and ladled out of a big iron kettle. In expensive decorations may be made from cornstalks, pumpkins, old clothes and false faces. ~Rural Progress-1937

Play these friendly Halloween games during folkish celebrations, parties or family get togethers. Involve both the kids and the adults for a folkish good time!

### Guess How Many

Fill a jar with candy corn and have guests guess how many are in the jar. (Don't forget to count as you put them in the jar!) Place the jar near the door and hand each guest a 3x5 card to put their name, their guess and their favourite Halloween candy. Halfway through the party read them all off and announce the winner.

### Halloween Memory Game

Place a few themed items such as a candy corn, apple, mini pumpkin etc. on a tray. Show the tray to the guests for a few seconds, then have them write down (or call out) as many items as they remember.

### How Many Words

Hand each person a sheet of paper printed out with a Halloween word or phrase such as Haunted House, Trick or Treat, or Scarecrow. Do these on the computer so you can include some small Halloween Graphics. Ask each person to make as many words as they can out of the letters in the phrase or word you've given them!

### Mummy May I

One child, or an adult, is "mummy". The other children stand in a straight line, with the mummy standing in front of them with enough distance for them to move forward towards him or her. (It's really neat if you can rip up an old pillow case or sheet and stain them with leftover coffee or tea to wrap around the "mummy's" head.)

The children move toward mummy by asking permission to take steps. For example, a child could ask, "Mummy May I take ten steps forward?" The mummy can be creative as to the type of steps they ask to take, such as giant monster steps, pixie steps, as well as ogre, howling dog etc.

Mummy answers, "Yes, you may" or "No, you may not," and the child must follow her instructions. If the child moves when he or she has not been given permission, they must go back to the starting line. The first child to touch mummy becomes mummy in the next game.

### Who's got the Pumpkin?

Place everyone in a circle. Start a song (Halloween themed songs like Monster Mash are neat to use!) and toss a mini pumpkin to one person, they throw it to the next, and so on until the music stops. The person who is caught holding the pumpkin has to leave the circle. The last one left is the winner and keeps the pumpkin!

### Halloween Hunt

Using the same idea as an Easter Egg Hunt hides little bags of candy corn, or other fun candy around the back yard. Set the kids loose and let them find the candy. Be sure to keep back several extra in case someone does poorly. You can give them a few more!



## Cleaning & Household -Homemade All Purpose Cleaner

### Cleaning with Vinegar

Your home cleaners do not have to be pricey or chemical-laden to be effective in your home. In fact, they don't even have to be store-bought; we can help you make your own homemade cleaners right in your own kitchen. Create your own all-purpose cleaner by filling a spray bottle with equal parts white vinegar and water. Shake the mixture up and let the cleaning begin.

### Why Vinegar Works

The acetic acid in vinegar kills viruses, germs, bacteria and mould. It also dissolves tough mineral deposits and stains like those found in sinks, toilets and tubs.

### Some of Benefits of Cleaning with Vinegar

Inexpensive - No harsh chemicals - Effective sanitizer - Effective stain remover - Safe for most surfaces

### Some Warnings

- 1) Do not use on marble
- 2) Test on a small area before using on finished wood surfaces or tile
- 3) As with any cleaner, you should avoid all contact with the eyes and prolonged contact with the skin

**Leigh HF Reader from the United Kingdom**

## Household Hints from 1948

More "vintage" tips from 1003 Household Hints and Work Savers, written in 1948. We now live in a society where folk don't take care of household items because they are cheap and easy to replace, if we took a little extra care we could save our families some money each year, that money could be used on educational items, for fund raisers within our folk and so much more. I know it's been mentioned many times in the media that we are becoming a disposable society, meaning that we don't tend to keep things for a long period of time, and therefore don't expect them to last as

long as they did in years past. I don't think this is a good trap to fall into. We should care for our appliances and the things we own and expect that they will last longer if we do so. There are many great tips for appliances and these are just a few to start off with.

### VACUUM TIPS

Cords are costly to replace (on appliances/vacuums). During cleaning, release only the required length. Don't drag yours across the room or chafe it against furniture. Keep it properly coiled on the handle when the cleaner is stored. When disconnecting turn off the current first, then grasp the plug. Don't yank the cord.

To remove thread that winds around the rotating brush in a vacuum cleaner, run a pair of scissors lengthwise through the bristles and clip the thread; then brush them off.

### TOASTER CARE

Don't let crumbs collect in your electric toaster, or a short circuit may result. Use a soft brush to remove them. Never thump the toaster or shake it violently-you'll damage fine wires. (also always keep it unplugged when not in use!)

### WAFFLE BAKERS

Waffle-bakers won't break down or need replacement if you remember to practice these musts:

-After cooling, wipe off the outside of the baker with soft cloth wrung out of soapsuds. Rinse in the same way. Polish dry.

-If necessary clean grids with a stiff brush.

-Use absorbent paper to remove excess grease from the grids.

-Leave the baker OPEN to cool.

If you have trouble with sticking waffles, and you are sure the temperature is right, it may be that the recipe you are using doesn't call for enough fat. Try adding one or two extra tablespoons.

**Morrigan WAU**

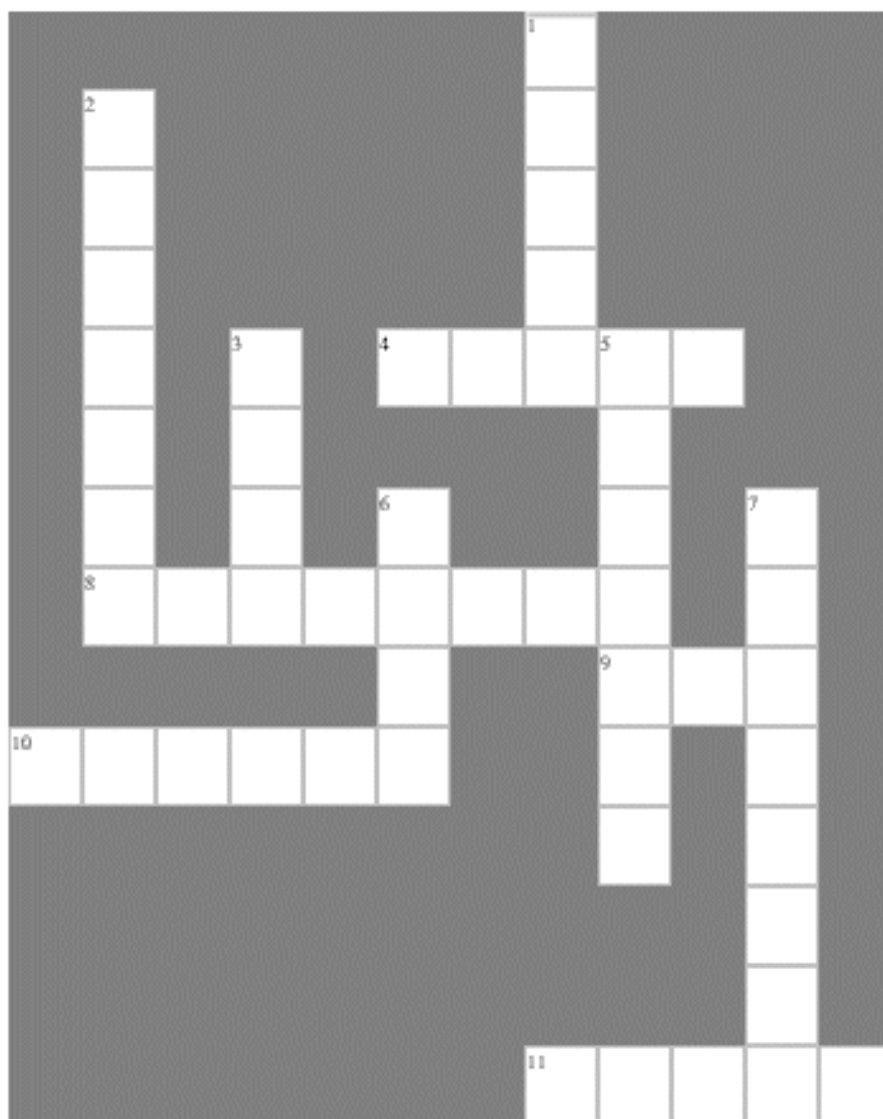




# Learning With Viking Girl

## CROSSWORD!

Directions: Solve the numbered clues and fill the answers in the blocks of the puzzle



### Across

- 4. One of Odin's ravens, his name means 'memory'
- 8. Ancient Germanic symbol of light
- 9. A type of weapon
- 10. Thor carries one
- 11. A long sharp weapon

### Down

- 1. One of Odin's ravens, his name means 'thought'
- 2. Fierce Northern warriors
- 3. "All-Father" of the Norse
- 5. A Nordic country that is also an island
- 6. The red-bearded god of the Norse
- 7. Odin's eight-legged horse

Created for Women For Aryan Unity by Lisa Davis

# Gingerbread in History

There are very few people of European descent who do not associate the scent of gingerbread with colder weather. Gingerbread has been baked in Europe for centuries going back to the pre-Christian celebration of the Winter Solstice, when small cakes marked with symbols of the sun were part of the Yule celebrations.

The first documented instance of figure-shaped gingerbread biscuits was at the court of Elizabeth I of England. She had the gingerbread figures made and presented in the likeness of some of her important guests.

Who does not remember standing at the kitchen table and watching as your Grandmother or Great-grandmother mixed flour, sugar, cinnamon, ginger, and cloves into that wonderful-smelling, dark-brown dough?

Every country and every family has its own variation of gingerbread. In some places it is a soft cake served with lemon sauce or whipped cream. In others it is in the form of small hard cookies which must be soaked in milk or tea (or perhaps even wine) before it will soften enough to eat. It may be dark or light, sweet or spicy, but whatever form it takes, it is always meant to be shared with those we love.

I have travelled to many countries throughout Europe and have eaten Gingerbread in many variations and have enjoyed them all. The Dutch do great gingerbread treats coming up to Yule. In Ireland we do the traditional Gingerbread men and Ginger snaps which do tend to be a little harder so need to be softened with milk or tea. The gingerbread house became popular in Germany after the Brothers Grimm published their fairy tale collection which included "Hansel and Gretel" in the 19th century

*Evelyn WAU Europa*

### **Simmered Fall Punch**

2 cups apple juice  
1/2 cup orange juice  
1/4 tsp. cinnamon  
2 or 3 cloves

Simmer on the stove for 20-30 minutes.  
Take out cloves before serving.

### **Banana Pumpkin Shake**

1 cup milk  
2 tablespoons canned pumpkin  
1 banana  
dash of cinnamon  
Blend in blender until smooth and foamy.  
Serve immediately.

### **Autumn Harvest Salad**

Top your favourite greens with half of a chopped Granny Smith apple and 1/4 cup each of dried cranberries and roasted walnuts. Crumble 1-2 ounces of blue cheese on the salad, and then finish it off with creamy balsamic vinaigrette for a delicious salad that is bursting with different autumn flavour's.

### **Roasted Pumpkin Seeds**

After you have carved your Samhain pumpkin, don't throw out the seeds! Instead you should rinse them and cook them on a greased baking sheet for 25-35 minutes at 325°F, stirring about every five minutes. Flavour simply with salt and pepper or get creative with other spices like cayenne, cumin and chili powder.

### **Autumn Baked Apples with Cranberry Sauce**

Preheat your oven to 350°. Start by removing the core of four Granny Smith apples to within 1/2" of the bottom. Mix together 1/4 cup whole-berry cranberry sauce or relish, 2 tablespoons brown sugar and 1/2 teaspoon cinnamon, and then stuff into the apples. Put your apples in a baking dish and cover with foil. Bake in middle of oven until they are very tender when pierced and still intact, 1 to 1 1/4 hours. Serve alone or topped with vanilla ice cream and a handful of toasted walnuts.

### **Autumn Tea**

5 Tea Bags  
5 Cups Boiling Water  
5 cups unsweetened apple juice  
2 cups cranberry juice  
1/2 cup sugar (or more to taste)  
1/3 cup lemon juice  
1/4 tsp pumpkin pie spice  
A dash of cinnamon

Place the tea bags in a large heat-proof bowl.

Add boiling water.

Cover and steep for 8 minutes.

Discard tea bags.

Add the remaining ingredients; stir until sugar is dissolved.

Serve warm or cold over ice.

Yield 3 quarts.



27 Years of Folk Based Activism!

